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Suicide bombers leave at least 78 dead, nearly 150 injured PAGE 6

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Ottawa woman killed in Kenya attack

'Bright young light.'
Kenyan security forces moved to end attack that killed 68, including two Canadians

JOE LOFARO
joe.lofaro@metronews.ca

Annemarie Desloges, one of two Canadians killed after al-Qaida-linked al-Shabab gunmen opened fire on people at a Kenyan shopping mall Saturday, was mourned by Prime Minister Stephen Harper and diplomatic colleagues who lauded her "optimism and commitment to country."

Desloges had been working at Canada's High Commission in Nairobi and was originally from Ottawa. The 29-year-old is survived by her husband, Robert Munk, who was injured in the attack that left 68 dead and at least 175 injured.

Attackers from the Somali Islamic extremist group stormed the Westgate mall, targeting non-Muslims.

Tim Edwards, president of the Ottawa-based Professional Association of Foreign Service Officers (PAFSO), said in a written statement the association is devastated by Desloges' death.

"The 1,350 members of our association offer our deepest sympathies to her husband Robert Munk, her parents Michel and Madeleine, her sister Julie and brother-in-law Laurent, and her extended family and friends at this terrible time," said Edwards.

"Annemarie was one of our bright young lights, and hers was a career brimming with promise," he added.

Described as "sharp," "meticulous" and "a true professional" Desloges also maintained a sense of humour when under pressure in refugee camps in Kenya, Rwanda, Ethiopia and Burundi over the past year.

"During this period, it is estimated she and her small team of four helped resettle thousands of traumatized and vulnerable people from some of the most dangerous countries in the world, including Somalia, to begin a new life in Canada," said the PAFSO president.

The association said her husband is recovering from injuries he sustained in the attack. Kenyan police said on Twitter at 4:41 p.m. Sunday, "Most of the hostages have been rescued and security forces have taken control of most parts of the building."

As news of the attack spread, Canadian politicians expressed their grief over the loss of life, calling the killings "cowardly" and "hateful." Prime Minister Stephen Harper called it a "senseless tragedy" and offered his condolences to the Desloges family.

"Annemarie Desloges was a distinguished public servant of the Department of Citizenship and Immigration who served in Canada's High Commission to Kenya, as a liaison officer with the Canada Border Services Agency. She will be remembered and honoured," said Harper.

Foreign Affairs Minister John Baird said on Twitter Saturday evening he was "incredibly saddened" by the death of a Canadian staffer in Nairobi.

WITH FILES FROM THE CANADIAN PRESS

Background

Desloges came from a family of diplomats. She travelled with her parents who were sent on overseas postings before joining the foreign service herself in 2008.

"We grieve the loss not only of a warm and intelligent friend and colleague, but a lifetime's potential tragically unfilled." Tim Edwards

Annemarie Desloges and Robert Munk are seen in this wedding photo posted to Munk's Facebook page. Desloges was killed Saturday in a terrorist attack on a mall in Nairobi, Kenya. Munk was also injured in the attack. FACEBOOK.COM

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Travel Industry Council of Ontario

Canada Army Run hitting its stride as numbers grow

'Good meeting place.'
Event sold out in June with more than 22,000 participants registered

JOE LOFARO
joe.lofaro@metronews.ca

Whether they aimed for beating a personal best or just wanted to say thank you to Canadian troops, a record number of people ran, walked or rolled through downtown Ottawa streets Sunday for the sixth edition of the Canada Army Run.

Organizers of the annual event call it the fastest growing run in Canada. It started in 2008 with a modest 7,000 participants and this year the event sold out in June with more than 22,000 participants registered.

Sunday marked the eight-month anniversary of the death of Carole Leroux's father, Cpl. Chef Michel Leroux. Carole came to Ottawa from Valleyfield, Que., to run in her father's memory. She wore the T-shirt he wore following his peacekeeping missing in Cyprus in 1976.

"This is my father's medal," said Leroux, catching her breath while clutching her late father's peacekeeping medal fastened to her shoulder.

"He gave his life to the army, basically. He did a good job and a lot of my thoughts were going out to the soldiers who go out in Afghanistan and in peacekeeping missions and all the hard work that they do," said Leroux.

Carole Leroux JOE LOFARO/METRO

She said racers who saw her sign on her back with her father's name would pat her on the back mid-race. She said the support motivated her during the last 500-metre leg of the race.

Francois Dufault JOE LOFARO/METRO

Lt.-Col. Francois Dufault was up at 4:30 a.m. Sunday so that he could drive from CFB Trenton in time to make it for the race. He called the Army Run a "good meeting place" for other military members to be with each other and have the support of cheering spectators nearby.

"And when you start suffering you look around and you see people who lost limbs and some people with disabilities and somehow you find the strength to not complain anymore and just keep on going," said Dufault.

Others without a personal military connection were out on the track for a variety of reasons. Katie Ireland of Ottawa had the Canada Army run on her bucket list before she turns 40 in December.

"We're a bunch of old moms looking for a challenge," she joked after finishing the race with fellow runner Jana Trembinski.

Money raised from the Canada Army Run supports the Soldier On charity and the Military Families Fund.

Runners in the half marathon cross the finish line on the Queen Elizabeth Driveway Sunday during the sixth edition of the Canada Army Run. JOE LOFARO/METRO

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Will Tasers be zapped?

Spending. Chief's draft police budget leaves little room for additions to arsenal

Police Chief Charles Bordeleau has hit the budget mark, but it may mean tough choices for the force including whether to equip more officers with Tasers.

Ottawa's police services board asked that he limit increase in spending to less than two per cent. The 2014 budget he will present Monday night to the board represents a 1.99 per cent increase in spending.

In his proposed budget, Bordeleau notes that the force required an additional 10-million tax dollars to maintain the current level of police services. However, by finding efficiencies across the force he was able to reduce that increase to $4.5 million.

"For us to achieve this target, difficult choices have to be made," Bordeleau noted in an email to Metro. "This resulted in producing efficiencies nearly four times higher than our initial projections."

At the same time, the cash-strapped force is considering adding 300 Tasers, costing as much as $2,000 apiece, to its arsenal. Bordeleau — who supported a recent announcement by the province green-lighting more frontline officers equipped with the energy weapons — will make his recommendation about acquiring more Tasers to the police services board by the end of the year.

But with crime rates dropping and mental-health issues on the rise, Ottawa Police Board chair Eli El-Chantiry questions whether investing in Tasers, rather than more police personnel, is realistic on such a tight budget.

"I'm not convinced we need Tasers," said El-Chantiry. "Is that the best way to spend that money? Crime rates are declining. One-third of the calls to the police are for mental-health issues like alcoholism, drugs and emotional issues.

"Is it appropriate to buy 300 Tasers, or would it be better to take that money and hire social workers and professionals who know how to deal with people in crisis?"

DENIS ARMSTRONG/FOR METRO

Collision sends pedestrian to hospital

Ottawa police look over a collision scene late Saturday night at the intersection of Cyrville and Olgilvie roads. A male pedestrian was sent to hospital with serious injuries but was listed in stable condition, police said. A preliminary investigation appeared to show the car had a green light, but the dark and rainy conditions might have also contributed to the accident, which happened just before 9 p.m., police said. No charges have been laid.

MIKE CARROCCETTO/METRO

Global films win big at Ottawa animation fest

A scene from The Wild Krats, one of the local animation productions shown at the Ottawa International Animation Festival this year. CONTRIBUTED

Animated films from the Netherlands and Sweden were the big winners at the 2013 Ottawa International Animation Festival Sunday night. Lonely Bones took the grand prize for best short, while Tito on Ice walked away with the grand prize for best feature at the 38th annual celebration of all things animated.

Montrealer Judith Poirier's Two Weeks — Two Minutes won the Canadian Film Institute Award for best Canadian film.

However, the biggest buzz around the five-day event came from the Japanese, who disarmed the critics and judges with a strong showing of unusually happy, musical fantasies.

"The Japanese stole the show this year," Chris Robinson, the festival's long-time artistic director, said Sunday as the five-day festival wrapped for another year. "They brought films that were strangely uplifting, musical, happy. They were the talk of the festival this year."

The festival also presented local films to a large international audience: The Wild Kratts by Simon Paquette, Mike Geiger's Super Duper Super Hero, Eternal Bliss by Algonquin student Spencer Moreland, and Dave Cooper and Nick Cross's kids' show Pig Goat Banana Mantis.

One of the biggest animation industry events, the Ottawa International Animation Festival attracted nearly 2,000 entries from 76 countries, out of which 152 films were selected, attracting more than 24,000 fans and industry professionals.

"I'm happy with the festival this year," said Robinson. "It feels bigger even though we had fewer films this year. That's a good feeling for the festival."

DENIS ARMSTRONG/FOR METRO

Online

Library tightens computer security to block child porn

For the first time, the Ottawa Public Library has taken steps to filter its Internet connection to prevent child pornography from being viewed or downloaded.

The library already filters content viewed by children by using their library cards to block sexual, hateful, violent or gambling-related content, said Jennifer Stirling, the library's manager of technology and innovation.

Now, the library is in the process of acquiring software that will prevent child pornography from being viewed on any library computer throughout the city.

The filter will extend to the library's Wi-Fi network so the illegal material can't be viewed on people's laptops or other devices.

The library has been working with police this year to conduct safety audits and train staff to ensure incidents in branches are properly reported. The addition of a child-porn filter is a direct result of that work, said library-board chairwoman Coun. Jan Harder.

The software is cloud-based so instead of a one-time purchasing fee, the city will pay around $33,000 US a year for access to the filter.

LAURA MUELLER/ METROLAND NEWS SERVICE

Nepean

Redskins name change will take time, cash: Official

Changing the name of the Nepean Redskins football team was a tough decision but the right one, the team's president said Friday.

"The transition is going to start immediately at the conclusion of the season," said Stephen Dean, president of the controversially named children's team.

In early September, local Ojibway musician Ian Campeau filed a complaint with the Human Rights Tribunal of Ontario over the name that he had been urging the team to change for the better part of a year.

Dean said he would like to have a new team name, colours and logo by the end of December. He will hold a competition among players, parents and coaches to settle on a new moniker.

It is estimated that the switch will cost upwards of $100,000. Campeau has offered his musical talents to help out with fundraising events.

Dean said he did not know yet whether Campeau would play a role in official fundraising, but if the musician wanted to organize his own event and donate the money to the team, he would not be opposed.

GRAHAM LANKTREE/METRO

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Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS

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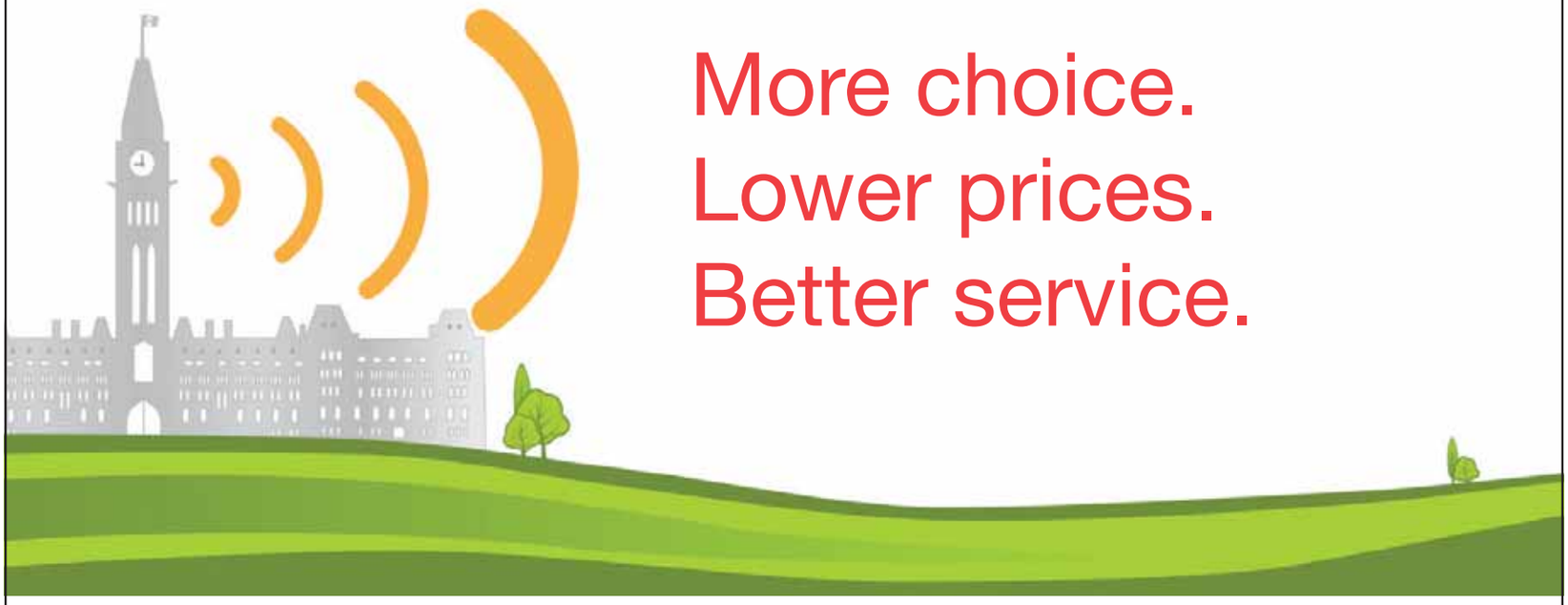

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Weekend carnage caps a violent summer in Iraq

Wave of attacks.
Suicide bombers strike two Baghdad funerals in two days, killing dozens

A suicide bomber detonated his explosive belt among Sunni mourners attending a funeral in Baghdad on Sunday, killing 16 people and wounding 35 others, officials said, in the latest episode of the country's near-daily violence.

Police officials said the evening attack took place when a suicide bomber detonated his explosive belt inside a tent where the funeral was being held in Baghdad's southern neighbourhood of Dora.

Two other attacks in the country's north left two policemen dead and 37 others wounded, the officials added.

People inspect the site of a double suicide bomb attack in Sadr City, a neighbourhood of Baghdad. KARIM KADIM/THE ASSOCIATED PRESS

Sunday's bloodshed came a day after a wave of attacks killed 104 people, most at a double suicide attack on a Shiite funeral in Baghdad.

Violence has spiked in Iraq during the past few months. More than 4,000 people have been killed between April and August, a level of carnage not seen since the country was on the brink of civil war in 2006-08.

Earlier on Sunday, a suicide bomber rammed an explosives-laden car into a residential area in the city of Kirkuk, wounding 35 people, Kirkuk Police Brig. Gen. Anwar Mohammed Qadir said.

The bomber targeted both a Kurdish educational office and an adjacent house for a Christian lawmaker, Qadir said. Seven members of the lawmaker's family were wounded in the attack.

Kirkuk is home to an ethnic mix of Arabs, Kurds and Turkomen who all have competing claims to the oil-rich area.

THE ASSOCIATED PRESS

Syria

Mortar lands in Russian embassy compound

A mortar round landed inside the Russian Embassy compound in Damascus on Sunday, state media said, as Moscow said it was willing to send military observers to secure Syrian efforts to surrender its chemical weapons to international control.

Russia is a leading backer of Syria's President Bashar Assad, and rebels fighting to topple his regime have previously targeted the diplomatic mission in Damascus with rockets and mortars.

In Moscow, the Russian Foreign Ministry confirmed the attack, saying rebels fired mortars that landed on the grounds of their embassy. Three workers were injured in the attack, the ministry said, adding that the injuries were not life-threatening.

The Russian Embassy is located in Damascus's upscale Mazraa district, which also houses several Syrian security institutions.

THE ASSOCIATED PRESS

Merkel toasts to victory

German Chancellor Angela Merkel, chairwoman of the Christian Democratic party CDU, drinks a glass of white wine at the party headquarters after the national elections in Berlin, Sunday. Merkel's conservatives triumphed in the election, and while she was headed for a third term, her centre-right coalition partners risked ejection from parliament for the first time in post-Second World War history. JULIAN STRATENSCHULTE/DPA/THE ASSOCIATED PRESS

Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

What she thought was a good deal soon turned into a nightmare.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says.

"I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights', so then he slams the door."

"As far as I'm concerned, anybody who sets up a company or an embassy on Canadian land and calls it a foreign entity, for me, that's a declaration of war," says Caverhill.

No one came to the door at the home when The Canadian Press sought comment from Pirelli earlier this month.

THE CANADIAN PRESS

'Domestic terror' movement

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- RCMP and the Canadian Association of Chiefs of Police are developing awareness materials for frontline officers and the movement is the subject of upcoming policing seminars in Vancouver and Toronto.
- The FBI considers the movement a domestic terror threat in the U.S.

Holts gets lucky with Pharrell pop-up shop

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

Pharrell Williams products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.
COURTESY GEORGE PIMENTEL/HOLT RENFREW

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits. His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album Bangerz due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday, where a pop-up shop inspired by Williams was launched by the retailer. Slated to be open until the end of October, the boutique features items such as hats, hoodies, tees and jackets from Williams's various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The retailer will also feature BBC X Holt Renfrew, a special collaboration of exclusive sweaters and T-shirts for both men and women with prices starting at $68.

THE CANADIAN PRESS

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams's prized personal possessions, including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise," he said. "What we tried to do is instead of just making it a pop-up, it feels more like an installation in the sense that there's a curated experience."

Memorabilia. What's an old transit sign worth?

Collectors and decorators will pay good money for public transit signs, but Jordan Munn stumbled upon a trove of authentic Toronto Transit Commission (TTC) signs in the garbage.

Munn, 30, was walking by a recently renovated subway station when he caught sight of something with the word "Trains" on it peeking out of a pile of trash in a bin beside the sidewalk.

He rifled through the refuse and managed to salvage four TTC platform signs, including a double-sided, electronic fixture. "I'm sure I broke a bylaw or something but I don't feel bad about it because it was going to be scrapped and so many people would want those," said Munn.

He posted photos of the signs on Reddit, thereby attracting numerous comments from impressed Torontonians. Many were surprised the TTC didn't try to sell the signs online or in a traditional auction.

A TTC spokesman said the agency does in fact have other relics from its illustrious history, such as vintage fare boxes and platform signage, lying in storage around the city.

"We need to come up with a business plan that allows us to sell this kind of material without taking a loss," Brad Ross said. "In other words, does it cost us more to administer the selling of an old fare box, for example, than it does to store it?"

THE CANADIAN PRESS

New York City

$2,500

New York City's Metropolitan Transportation Authority sells its subway station fixtures. The signs listed on its site are priced between $100 and $2,500 US.

Device durability. Don't drop that new iPhone

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground, according to San Francisco-based SquareTrade.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. Released in August, the Moto X is also the first smartphone assembled in the U.S.

"We were expecting that at least one of the new iPhone models would up its game, but surprisingly, it was the Moto X that proved most forgiving of accidents," said Ty Shay, chief marketing officer at SquareTrade.

Apple started selling two new iPhones on Friday. The iPhone 5S sports a fingerprint sensor, a better camera and a faster processor. A less expensive version, the iPhone 5C, offers consumers a wider choice of colours and has a better front-facing camera than the iPhone 5. THE ASSOCIATED PRESS

With every upgrade Apple has made, the new model has usually been more durable than the previous one, based on drop tests SquareTrade has done — but that wasn't the case this time. ALAN DIAZ/THE ASSOCIATED PRESS

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NOTICE TO CREDITORS AND HEIRS-AT-LAW in the Estate of **GIOVANNI DEL ZOTTO**, deceased. All persons having claims against the Estate of GIOVANNI DEL ZOTTO, late of the City of Ottawa, in the Province of Ontario, who died on or about July 30 2013, are hereby notified to send particulars of same to the undersigned on or before the 1st day of March, 2014 after which date the Estate will be distributed, having regard only to the claims of which the undersigned shall have notice and the undersigned will not be liable to any person of whose claim they shall not then have notice.

DATED at Ottawa this 23rd day of September, 2013.

EDWARD G. MANTHORP, Trustee for the Estate of
GIOVANNI DEL ZOTTO, by his solicitors, KELLY MANTHORP HEAPHY
Attention: Edward G. Manthorp
B0001 - 2323 Riverside Drive, Ottawa, Ontario K1H 8L5

WE ALL KNEW BUS-CRASH VICTIMS

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

I met Dave Woodard in the fall of 2010. He introduced himself as I got on his bus at the Rideau Centre. I'd just moved in next door to his parents.

We'd see each other from time to time, either on one of his frequent visits to my neighbours or when he was in the driver's seat on the bus — a warm, friendly face that never failed to make the day a bit brighter.

I can't tell you anything about him you haven't already heard from those who knew him much better than I did. He was loved and he's achingly missed.

It's been a stunned, sad couple of days on my street since Wednesday's collision. It has been on many streets, as the shock and pain radiates out from six sudden rifts in our city.

If you didn't personally know any of the victims but still found tears sneaking up on you this week, maybe it's because you knew them anyway. These are people like those on your bus any given morning: Connor Boyd and Kyle Nash, Carleton University students; Michael Bleakney and Karen Krzyzewski, public servants; Rob More from IBM.

At Wednesday morning's briefing at city hall, a still-numb two and a half hours after the crash, a colleague mentioned that he often rides double-decker buses, and prefers to sit in the front on the upper level, seats which offer the best view, and that morning, the worst luck. It could have been him. It could have been many people, and they know it.

As we try to absorb this horror, the Transportation Safety Board is working on pinpointing the causes, explaining how such a thing could happen, if not why.

In the meantime, in the absence of an explanation, some will speculate, trying to make sense of the senseless, about the bus, the driver, or the crossing, which has grown busier as Barrhaven has expanded.

At more than $110 million, installing overpasses or underpasses there was deemed too expensive. Instead of really safe, we went with quite safe, which turned out one morning not to be safe enough.

This week's awfulness reminded some of us of old losses. I already knew lives could change tracks abruptly at level crossings. Mine did when I was 12 and my friend Sean was nine. One February morning, as Sean's mother Carolyn was driving him to school, a train hit their car, killing them both within sight of their house.

There were no signals at the crossing, and after the accident, there was some discussion about putting some in, but as I recall, traffic on the rural road wasn't considered heavy enough to justify the expense. There was a stop sign, to which we afterwards paid very serious heed.

The tracks have since been pulled out of the area by CN, again for reasons of economics.

Sean's family and mine were close, and the funeral was hard. My parents soon separated, and my mother would marry Sean's father. Our two pieces of family fused into a new whole and life went on, just not as originally advertised.

It'll go on here, too, but it's going to take time for some of us.

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes frequently occur.

METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

metronews.ca

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards.
Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

"Oh, man. ... This is mindblowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock. THE ASSOCIATED PRESS

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

●●●●●

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument. Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track. Goulding was gold. EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

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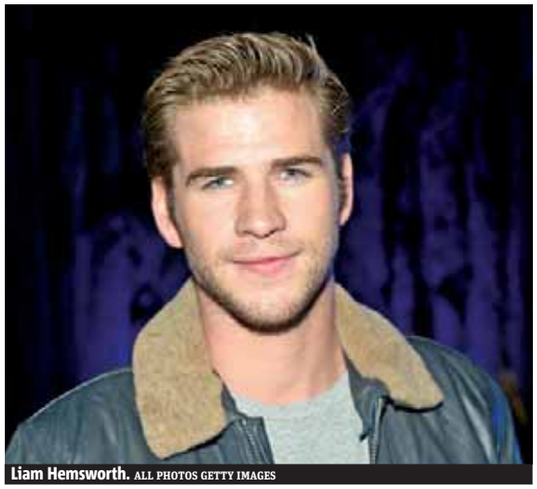
Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings, according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."

METRO DISH
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Chris Brown

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

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Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

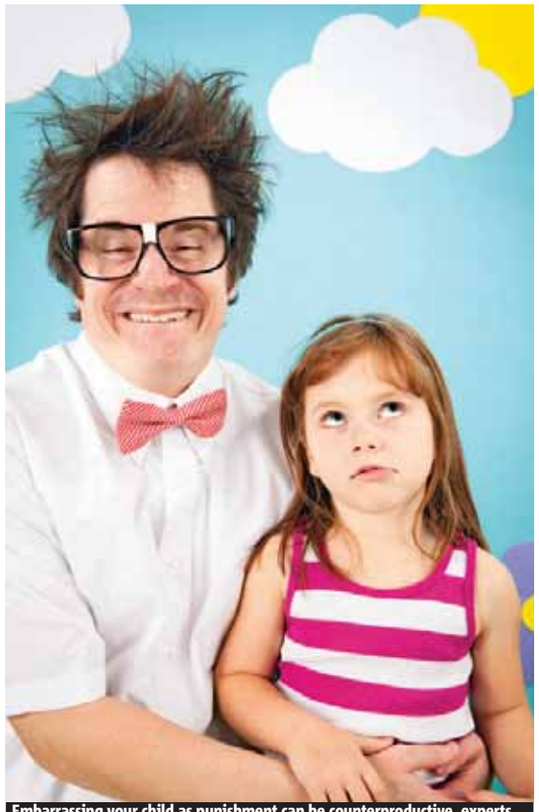
Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

Blocks can be for Becky, too

Gender labelling. Despite push toward dissolving divisions of toys, some parents still see toys as girl-or boy-specific

London department store Harrods has redesigned its toy department to organize it by theme rather than by gender. Swedish toy firm Top-Toy published a gender-neutral catalogue in which boys were shown playing with a kitchen set and hair dryer and a girl was shown shooting a toy gun. Toys "R" Us in the U.K. recently pledged to move away from gender-specific marketing of toys.

In an emailed statement to The Canadian Press, Liz MacDonald, vice-president of marketing and store planning for Toys "R" Us Canada, said the retailer regularly features girls and boys playing with all different types of toys in its advertising.

While branding and promotion of products along gender lines remains a contentious issue, there has clearly been a movement toward dissolving certain divisions of toys.

Sara Grimes, assistant professor in the faculty of information at the University of Toronto said it's not an issue of toys introducing particular gender roles or stereotypes but rather reinforcing those which already exist and prevail in the broader culture.

"You can find all kinds of toys with vacuum cleaners and cooking that are very much encoded in that kind of '50s-style association of domesticity with women ... And in more recent years, that's definitely extended to things like beauty and fashion," said Grimes.

Grimes said the step toward removing some of the "visual segregation" in toy stores is important.

Laura Wiese, a spokeswoman for the Canadian Toy Association, said she thinks it's difficult for parents to change their mindsets when it comes to toy purchases.

"I think a lot of parents tend to feel that their child might be more interested in something that is more girl-like or more boy-like, depending on whether they have a boy or a girl," she said. "What we do as manufacturers and as an industry is to ensure that we have a broad spectrum of toys that appeal to all genders."

THE CANADIAN PRESS

Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

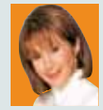
3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

Dessert. Citrus-Spice Almond Butter Torte

1. Heat oven to 325 F. Coat 9-inch cake pan with baking spray, then line bottom with a circle of baking parchment.

2. In a medium bowl, whisk together the sugar, cinnamon, cloves, allspice, ginger and salt. Add the egg yolks, vanilla and both zests. Whisk until smooth, pale and slightly thickened. Gently whisk in the melted butter, then stir in the ground almonds. Gently fold in the flour, just until combined.

3. Spoon the mixture into the prepared pan and smooth the top. Sprinkle the raw sugar over the top, then decorate with whole almonds. Bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean. Let cool for 10 minutes, then remove from the pan and set on a wire rack to finish cooling.

THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups granulated sugar
- 1 tsp cinnamon
- 1/2 tsp each ground cloves, allspice, dry ginger
- 1/4 tsp kosher salt
- 6 egg yolks
- 1 tsp vanilla extract
- Zest each of 1/2 orange and lemon
- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup toasted and finely ground almonds
- 2 cups all-purpose flour (sifted, then measured)
- 2 tbsp raw sugar
- Whole almonds, to garnish

Ten nuts, seeds, grains make for crazy-good seed bread

While this bread may not be the best choice for a roast beef sandwich, consider toasting it and smearing it with butter and marmalade, or making crostini to top with smoked salmon and creme fraîche.

Or let it sit on your cheese board alongside a runny brie.

Ingredients

- 2 tbsp honey
- 3 tbsp olive oil
- 1 3/4 cups water
- 1/2 cup hulled pumpkin seeds (often labelled pepitas)
- 1/2 cup hulled sunflower seeds (sometimes labelled sunflower seed hearts or meats)
- 1/4 cup each whole flax seeds, white sesame seeds, chia seeds
- 1 cup quick oats
- 1/2 cup quick barley
- 1/4 cup psyllium seed husks
- 1/2 cup slivered almonds, toasted
- 1/2 cup hazelnuts, toasted
- 1 tsp kosher or fine sea salt

1. Coat loaf pan with cooking spray.

2. In measuring cup, whisk the honey, olive oil and water.

3. In medium bowl, mix pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, chia seeds, oats, barley, psyllium seed husks, almonds, hazelnuts and salt. Pour in water mixture and mix well.

4. Pat the mixture into the prepared loaf pan, smoothing the top with moistened fingers. Cover with plastic wrap and let sit at room temperature for at least 3 hours or up to overnight.

5. When ready to bake, heat the oven to 350 F. Uncover the loaf and bake for 30 minutes. Remove from the loaf pan and place on a wire rack in the oven. Bake for another 30 minutes, or until deep golden brown and hollow sounding when tapped. Let cool completely on a wire rack before slicing. THE ASSOCIATED PRESS

This recipe serves 12. MATTHEW MEAD/ THE ASSOCIATED PRESS

First the alphabet, then the world

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."
Post-secondary school advisor Lacy Crawford

Does the higher learning application process favour rich kids? ISTOCK

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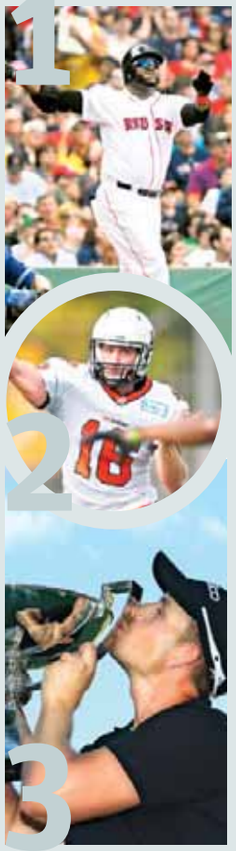
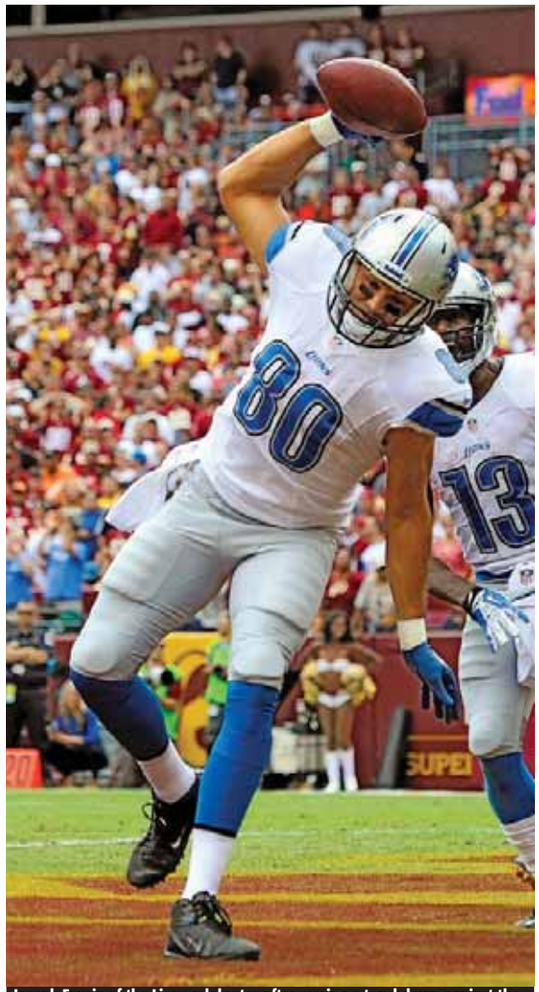
Sports in pictures



RG3 drops the ball, 'Skins drop to 0-3



Joseph Fauria of the Lions celebrates after scoring a touchdown against the Redskins on Sunday in Landover, Md. PATRICK MCDERMOTT/GETTY IMAGES

Lions make their point in the capital. Behind a couple of lucky breaks, Detroit ends 74 years of road futility against Redskins

Robert Griffin III went head-first instead of sliding, so when the ball popped out it was a fumble.

Aldrick Robinson had a touchdown catch in his hands, but he couldn't quite maintain possession as he hit the ground in the end zone.

Thanks to the turf, the Detroit Lions have ended 74 years of road failure against the Washington Redskins.

Detroit beat Washington 27-20 Sunday with big days from Matthew Stafford, Calvin Johnson and Nate Burleson and those two fourth-quarter Redskins bobbles, the kinds of breaks that had eluded Detroit (2-1) in the U.S. capital since Franklin Delano Roosevelt lived on Pennsylvania Avenue.

"You never know how the cookie's going to crumble, and it feels good that it crumbled our way this time," Detroit cornerback Rashen Mathis said.

"I wasn't a part of the past, but I am part of the future, so it feels good to give the fans something to feel good about, and we can demolish a record, our streak, that was going on for years and years and years."

The Lions last beat the Redskins away from home in 1939, a 21-game streak that comes to a halt as the second-longest in NFL history.

Detroit's last road victory in the series came in 1935 against the Boston Redskins, two years before the move to Washington (0-3).

History was at play in other ways. The "Calvin Johnson rule" — in which a receiver must maintain possession of the ball all the way to the ground when falling during a catch — worked in favour of the Lions for a change.

This time it was Robinson who wasn't quite able to keep the ball from coming loose after hauling in a pass from Griffin for an apparent 57-yard touchdown. The score would have given the Redskins the lead with 9:05 to play, but it was overturned by replay.

Then there was Griffin, who scrambled for a 21-yard run deep into the opponent's territory with the score tied in the fourth quarter.

But the ball jarred loose as Griffin stumbled forward to give himself up at the 30-yard line. The play would have been ruled dead if he had slid.

THE ASSOCIATED PRESS

Quoted

"So, it's unfortunate, and I've just got to make sure if I dive forward, hold onto the ball."

Redskins QB Robert Griffin III on his pivotal fumble.

1 MLB. Jays dropped in Beantown

David Ortiz and Jackie Bradley Jr. homered to lead the AL East champion Boston Red Sox to a 5-2 win over the Toronto Blue Jays on Sunday.

THE ASSOCIATED PRESS

2 CFL. Lions top Riders

Thomas DeMarco threw for two touchdowns in his first pro start and Paul McCallum hit a 42-yard field goal with no time left as the B.C. Lions topped the Saskatchewan Roughriders 24-22 on Sunday.

THE CANADIAN PRESS

3 Golf. Stenson captures

Henrik Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots and capture the FedEx Cup and its $10 million bonus. Stenson earned $1.44 million for winning the tournament.

THE ASSOCIATED PRESS

Soccer. United's struggles continue in derby vs. City

Manchester City delivered a ruthless attacking display to rout Manchester United 4-1 in the Premier League on Sunday, the first derby between the rivals since the retirement of United manager Alex Ferguson.

Sergio Aguero volleyed home an acrobatic goal in the 16th minute, Yaya Toure doubled the lead in the 45th minute and Aguero scored his second goal in the 47th. Samir Nasri's 50th-minute goal completed the burst at the start of the second half.

THE ASSOCIATED PRESS

City's Sergio Aguero celebrates his goal against United on Sunday in Manchester, England. GETTY IMAGES

MLB. O's wild-card future bleak with loss to Rays

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles four and a half games out of the AL's wild-card berth with seven games left.

"Basically we're going to have (to) win out and hope for the best on the other side," the Orioles centrefielder said.

Baltimore has lost three straight to the Rays going into Monday's series finale.

Enny Romero won in his major league debut, combining with five relievers on a three-hitter. THE ASSOCIATED PRESS

Rays left-hander Enny Romero got his first win on Sunday. GETTY IMAGES

4 SPORTS

Bones rattled but hangs onto title

UFC. Jones defeats Gustafsson via unanimous decision

It's been a tough year for the pound-for-pound kings of mixed martial arts.

First middleweight champion Anderson Silva lost his title, caught clowning once too often in the cage. And on Saturday, light-heavyweight title-holder Jon (Bones) Jones — his successor as the top pound-for-pound fighter on the planet — was pushed to the limit by 8-1 underdog Alexander (The Mauler) Gustafsson at UFC 165.

Some fear that welterweight champ Georges St-Pierre, currently No. 2 in the pound-for-pound rankings, could also be in for a long — or short — night in November when he faces top 170-pound contender Johny (Bigg Rigg) Hendricks, a former NCAA champion wrestler with a sledgehammer for a left hand, at UFC 167.

Jon Jones successfully defended his UFC light-heavyweight title on Saturday night. TORSTAR NEWS SERVICE

Such is the beauty of mixed martial arts, where there are so many ways to win and lose. And champions wear the biggest targets on their back.

There was little beauty in Saturday's main event, other than marvelling at the amount of punishment two superbly conditioned and trained athletes can absorb.

It was like watching a time-lapse video of two bodies breaking down. Fascinating but brutal.

Jones rallied to win a stirring five-round decision, with the judges scoring it 48-47, 48-47 and 49-46 for the champion.

A busted-up Jones had to plead with the ringside physician not to stop the fight after four rounds, according to UFC president Dana White.

Most gave Jones either rounds two or three plus four and five.

Neither fighter made it to the post-fight news conference at the Air Canada Centre. Both went straight to hospital, with Jones bundled directly onto a waiting gurney.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7
Saturday's results
N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1
Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2
L.A. Angels 6 Seattle 5
Monday's games — All times Eastern
Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.
Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.
Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.
Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	83	72	.535	9
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	98	.368	35

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	64	.587	—
Cincinnati	89	67	.571	2½
Pittsburgh	89	67	.571	2½
Milwaukee	68	86	.442	22½
Chicago	65	91	.417	26½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Miami at Washington
St. Louis at Milwaukee
Saturday's results
Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)
St. Louis 7 Milwaukee 2
Arizona 7 Colorado 2
L.A. Dodgers 4 San Diego 0
Monday's games — All times Eastern
N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.
Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.
Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.
Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.
Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago at Pittsburgh
Monday's game — All Times Eastern
Oakland at Denver, 8:40 p.m.

GOLF

PGA TOUR

TOUR CHAMPIONSHIP

At Atlanta, Ga.
Par 70 — Fourth round
x-wins FedEx Cup Playoffs

x-Henrik Stenson, $1,440,000	64-66-69-68—267
Jordan Spieth, $708,000	68-67-71-64—270
Steve Stricker, $708,000	66-71-68-65—270
Webb Simpson, $384,000	68-71-69-63—271
Dustin Johnson, $320,000	68-68-67-69—272
Justin Rose, $288,000	68-68-70-67—273
Also:	
Graham DeLaet, $131,200	**68-71-72-73—284**

Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

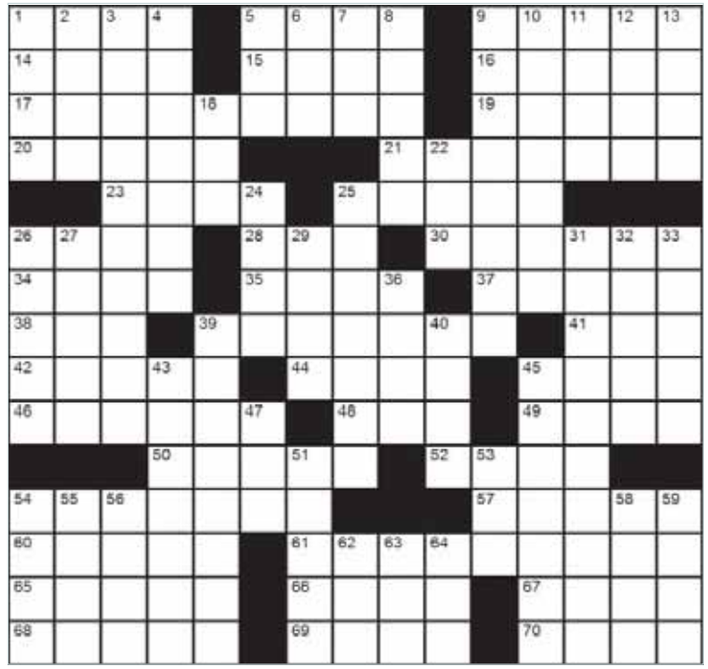
♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



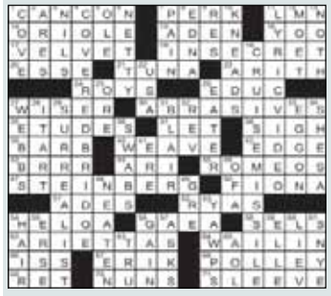
Across

1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down

1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

	5						9	
	2	3	7		9	6	1	
7		4				8		5
			9	6	3			
				7				
			4	8	5			
9		8				5		3
	4	5	3		8	1	2	
	3						4	

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